

CHAPTER 1 WORKSHEETS

Transcending Gossip, Judgment, Shame and Unconscious Harm

QUESTIONS FROM THE MATERIALS

<p>1. Who have I judged and gossiped about in this lifetime? Use another worksheet if need be so that each that you participated in judgment and gossip about can be acknowledged. Intend to absolutely forgive yourself and each upon your list.</p> <p><i>I intend to forgive myself for gossiping and judging others with each upon my list.</i></p> <p><i>I intend to forgive the dance of gossip and judgment between our ancestors.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to participate in the game of judgment and the gossip that is associated.</i></p> <p><i>I acknowledge that everything I judge in another is really a pattern within myself that is expressed upon a parallel plane of reality that I simultaneously exist upon as well as my inner male and female.</i></p> <p><i>I intend to forgive myself upon the parallel plane for being just as the ones I judge.</i></p> <p><i>I intend to forgive my inner male and female for the mirror that the one I judge presents.</i></p> <p><i>I intend to integrate those parallel lives I can that express opposite patterning to my physical expression so that I can come to the middle ground of thoughtform associated with the Language of Light.</i></p> <p><i>I intend to return the power and chi I have stripped from others that I have gossiped over and diminished over time.</i></p>
NOTES	

<p>2. Who has tended to judge and gossip about me in this lifetime?</p> <p><i>I intend to forgive each upon my list who has gossiped and judged me.</i></p> <p><i>I intend to forgive the dance of judgment and gossip between our ancestors.</i></p> <p>What herbs, minerals or Language of Light tones would be useful to assist in releasing the judgment recorded in the field and form?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I forgive those who have judged some attribute within me in this lifetime. I understand that whatever trait I exhibit that they dislike is really a pattern that they also possess upon a parallel plane and within their inner male or female and therefore they only judge themselves.</i></p> <p><i>I forgive those who have gossiped about me over time.</i></p> <p><i>I intend to retrieve my power and energy given to the gossip of others about me.</i></p> <p><i>I intend to cease to allow others to diminish me in any manner through individual or group gossip.</i></p> <p><i>I intend to release all karma between my ancestry and the ancestry of all others for gossip and inflation of field that is associated.</i></p>
<p>NOTES</p>	










<p>3. Who have I inflated myself in relation unto, puffing myself up into a position of power and dominion?</p> <p><i>I intend to forgive myself for inflating myself into a position of power with each individual upon my list.</i></p> <p><i>I forgive the dance of dominion and subordination between our ancestors throughout time and space and form.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to puff myself off the chi and power of another. I intend to return all chi and power to those that I have taken it from over time.</i></p> <p><i>I intend to hold a balanced field that sustains the same size and pace of rotation at all times, expanding upwards only as I ascend to the next vibrational threshold.</i></p>
<p>4. Who has inflated themselves into a position of power over me by taking my chi and power away?</p> <p><i>I intend to forgive each upon my list for inflating themselves into dominion and power.</i></p> <p><i>I intend to forgive the dance of master and slave between our ancestors throughout time and space and form.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to allow another to puff themselves up from my chi and power. I retrieve all chi and power for those who have puffed themselves up over time at my expense.</i></p> <p><i>I intend to release all karma between my ancestry and the ancestry of all others for giving chi to another so that they can puff themselves up into a position of dominion and authority.</i></p> <p><i>I intend absolute forgiveness of all ancestors upon all dimensions that played the game of dominion and subordination or master and slave by taking chi and power from others.</i></p>

<p>5. Who have I shamed in this lifetime?</p> <p><i>I intend to forgive myself for shaming each upon my list in the dance of life.</i></p> <p><i>I intend to forgive the dance of shame between our ancestors.</i></p> <p>What herbs, minerals or Language of Light tones would be useful to assist in releasing my need to shame in order to control others?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to participate in the game of shame.</i></p> <p><i>I intend to cease to rely upon electrical energy flow to manipulate another into feeling ashamed so that I can unconsciously control them and dominate.</i></p> <p><i>I intend to unconditionally accept all others in the dance of life.</i></p> <p><i>I intend to release all personality entities that participate in the game of shaming others so that I feel better about myself.</i></p> <p><i>I intend to release all karma in my ancestry for the game of shame.</i></p>
<p>NOTES</p>	

<p>6. Who has shamed me in this lifetime?</p> <p><i>I intend to forgive each individual that has shamed me in this lifetime upon this list.</i></p> <p><i>I intend to forgive the dance of shame between our ancestors.</i></p> <p>What herbs, minerals or Language of Light tones would be useful to assist in releasing the shame recorded in the field and form?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to cease to allow others to put me into a state of shame.</i></p> <p><i>I intend to cease to allow the electrical energy of others to be depressed upon my emotional body sending me into a state of contraction of field and shame. I intend to bend the electrical energy back to its source of origins.</i></p> <p><i>I intend to absolutely forgive the dance of shame throughout my ancestry.</i></p> <p><i>I forgive the Anu for bringing an electrical energy flow to Earth that created shame in the exchange of energies in the experience of my red nation ancestors.</i></p> <p><i>I forgive the Anu for blending red nation and Pleiadian DNA to create a slave race that was inherently ashamed due to magnetic and electrical biology.</i></p> <p><i>I intend to release all personality entities that cause me to sit in a state of shame within.</i></p> <p><i>I intend unconditional acceptance of myself in all circumstances in the dance of life.</i></p> <p><i>I intend to develop a state of communion with body, soul and Earth that leaves me in a position of self acceptance and absolute knowing of the next steps upon my path.</i></p> <p><i>I intend to channel Ancestors, Soul, Nature and Earth in lieu of fractured personality entities.</i></p>
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LANGUAGE OF LIGHT

Herbs and Minerals

 <p>1. Forgiveness Herb: Echinacea Purpurea Mineral: Rhodochrosite Polarity Thoughts: Never Begrudges - Begrudges</p>	 <p>2. Structure Herb: Saw Palmetto Mineral: Amethyst Polarity Thoughts: Stubborn - Acquiesces</p>
 <p>3. Power Herb: Ginger Mineral: Amber Polarity Thoughts: Helpful - Helpless</p>	 <p>4. Compassion Herb: Chamomile Mineral: Aventurine Polarity Thoughts: Loves/Accepts - Hates/Rejects</p>
 <p>5. Breath of Life Herb: Feverfew Mineral: Yellow Calcite Polarity Thoughts: Creates - Destroys</p>	 <p>6. Non-Conditional Love Herb: Nettle Mineral: Hematite Polarity Thoughts: Praises - Invalidates</p>
 <p>7. Freedom Herb: Lobelia Mineral: Citrine Polarity Thoughts: Master - Slave</p>	 <p>8. Divine Union Herb: Evening Primrose Mineral: Vesuvianite Polarity Thoughts: Male - Female</p>
 <p>9. Unity Herb: Angelica Mineral: Rose Quartz Polarity Thoughts: Positive - Negative</p>	 <p>10. Non-Conditional Governance Herb: Lady's Mantle Mineral: Tiger's Eye or Rutilated Quartz Polarity Thoughts: Dominates - Subordinates</p>
 <p>11. Jurisdiction Herb: Red Clover Mineral: Moonstone Polarity Thoughts: Rules - Is Ruled</p>	 <p>12. Hope Herb: Skullcap Mineral: Pyrite Polarity Thoughts: Success - Failure</p>
 <p>13. Peace Herb: Chaparral Mineral: Chrysocolla Polarity Thoughts: Harmonious - Discordant</p>	 <p>14. Abundance Herb: Comfrey Mineral: Topaz Polarity Thoughts: Greed - Poverty</p>
 <p>15. Prosperity Herb: Uva Ursi Mineral: Aragonite Polarity Thoughts: Give - Receive</p>	 <p>16. Magnitude Herb: Yarrow Mineral: Sodalite Polarity Thoughts: Whole - Fractured</p>

 <p>17. Intuition Herb: Horse Chestnut Mineral: Dolomite Polarity Thoughts: Connected - Separated Off</p>	 <p>18. Function Herb: Osha Mineral: Iolite Polarity Thoughts: Controls - Surrenders</p>
 <p>19. Perseverance Herb: Vitex Mineral: Danburite Polarity Thoughts: Manipulates - Manipulated</p>	 <p>20. Stealth Herb: Astragalus Mineral: Aquamarine Polarity Thoughts: Expands - Contracts</p>
 <p>21. Consciousness Herb: Devil's Claw Mineral: Celestine Polarity Thoughts: Animate - Disanimate</p>	 <p>22. Internal Herb: Bloodroot Mineral: Sugilite Polarity Thoughts: Active - Passive</p>
 <p>23. External Herb: Oregon Grape Root Mineral: Ruby Polarity Thoughts: Expressed - Unspoken</p>	 <p>24. Oneness Herb: Lady Slipper Mineral: Watermelon Tourmaline Polarity Thoughts: Separate - Together</p>
 <p>25. Truth Herb: Corydalis Mineral: Jasper Polarity Thoughts: Experienced - Novice</p>	 <p>26. Action Herb: Blue Cohosh Mineral: Apophyllite Polarity Thoughts: Responsible - Irresponsible</p>
 <p>27. Fluidity Herb: Aloe Vera Mineral: Annabergite Polarity Thoughts: Expects - Conforms</p>	 <p>28. Purpose Herb: Shepherds Purse Mineral: Larimar Polarity Thoughts: Aligned - Misaligned</p>
 <p>29. Integrity Herb: Burdock Mineral: Andesine Polarity Thoughts: Sabotage - Sabotaged</p>	 <p>30. Balance Herb: Milk Thistle Mineral: Graphite Polarity Thoughts: Greater - Lesser</p>
 <p>31. Honor Herb: Chickweed Mineral: Emerald Polarity Thoughts: Abuses - Abused</p>	 <p>32. Dream Herb: Horsetail Mineral: Gold Polarity Thoughts: Past - Future</p>
 <p>33. Illusion Herb: Poke Root Mineral: Kyanite Polarity Thoughts: Real - Fantasy</p>	 <p>34. Passion Herb: Passion Flower Mineral: Kunzite Polarity Thoughts: Movement - Stagnation</p>

	35. Creativity Herb: Mother's Wort (Bell Wort) Mineral: Herkimer Polarity Thoughts: Excitement - Boredom		36. Sexual Energy Herb: Wild Yam Mineral: Lepidolite Polarity Thoughts: Relishes/Savors - Denies
	37. Friendship Herb: Cascara Sagrada Mineral: Peridot Polarity Thoughts: Relationship - Loneliness		38. Communion Herb: Sorrell Mineral: Sapphire Polarity Thoughts: Agitates - Pacifies
	39. Dance of Life Herb: Valerian Root Mineral: Clear Quartz Polarity Thoughts: Friends - Enemies		40. Community Herb: Black Cohosh Mineral: Desert Rose Polarity Thoughts: In Group - Out Group
	41. Honesty Herb: Alum Root (Alumstone) Mineral: Titanium Polarity Thoughts: Deceives - Deceived		42. Communication Herb: Hops Mineral: Rhodolite Polarity Thoughts: Understands - Confused
	43. Unseen Worlds Herb: Cramp Bark Mineral: Obsidian Polarity Thoughts: Alive - Dead		44. Unspoken Worlds Herb: Datura Mineral: Gypsum Polarity Thoughts: Conscious - Non-Conscious
	45. Underwater Worlds Herb: Flax Mineral: Celestite Polarity Thoughts: Known - Unknown		46. Worlds upon the Land Herb: Echinacea Mineral: Turquoise Polarity Thoughts: Perceived - Unperceived
	47. Human Species Herb: Golden Seal Mineral: Rutile Polarity Thoughts: Guru - Disciple		48. God Goddess All That Is Herb: St. John's Wort Mineral: Diamond Polarity Thoughts: Blind Trust - Distrust

What Language of Light Tones would assist me in transcending judgment and shame and the planes of shame in the dance of life?

What herbs would assist me in releasing the emotional scarring of shame from this lifetime or within my ancestry?

What minerals would assist me in releasing the shameful persona to build a system for channeling the ancestors, soul, Mother Earth and nature in their place?

ASSESSING EGO AND NEGATIVE EGO

<p>1. Who do I know that inflates the ego to a point of overrunning the group, pressing for the role of fame or leadership in group dynamics?</p> <p><i>I intend to forgive each upon my list for holding fame patterning.</i></p> <p><i>I intend to cease to give these individuals my chi, dream or power in the dance of life.</i></p> <p><i>I intend to forgive the dance of fame between our ancestors.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to conclude with the dance of fame in this lifetime.</i></p> <p><i>I intend to relate to each in the group from unity and equality.</i></p> <p><i>I intend to cease to empower the one who believes themselves better than all the rest out of ego.</i></p> <p><i>I intend to cease to give my dream or creativity to those of fame so that I can manifest my intentions and dream in the dance of life.</i></p>
<p>2. What is the archetypal nature of those I have known who desire to rise to positions of fame or leadership in the group dynamics?</p> <p><i>I intend to release karma with each archetypal nature prone to fame that I have known in this lifetime.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p>

<p>3. What groups have I associated with that I have desired to rise to the position of power and leadership in the group?</p> <p><i>I intend to forgive myself and my ego for desiring to be empowered over and above others.</i></p>	<p>Group 1 _____</p> <p>Group 2 _____</p> <p>Group 3 _____</p> <p><i>I intend to release the personality entities of my ego and transmute all thoughtform and patterning associated with the desire for fame or power.</i></p> <p><i>I intend to cease to inflate my field from the chi of others to feel better in the moment and yet causing an equivalent level of contraction of field in counterbalance at a later time.</i></p> <p><i>I intend to create a stable field that is a reflection of my ascension and level of mastery to date.</i></p> <p><i>I intend to cease to swing between ego and negative ego in the dance of life.</i></p>
<p>4. What individuals do I know that cause me to contract into my negative ego, leading me to feel smaller than life?</p> <p><i>I intend to forgive each individual that causes me to retract into my negative ego.</i></p> <p><i>I intend to cease to contract my field for any other.</i></p> <p><i>I intend to forgive the dance of negative ego and ego between our ancestors.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to complete with the dance of ego and negative ego in the dance of life.</i></p> <p><i>I intend to cease to give so much of my chi away that I contract into a space where personality that feels badly about itself enters my field causing me to feel ashamed and small as well as powerless.</i></p> <p><i>I intend to hold a stable sized field throughout the day and night that is a reflection of my level of mastery in ascension. I intend to complete with all personality entities and learn to channel ancestors, soul, nature and Earth in their place.</i></p>

<p>5. What are the ancestries and archetypal natures of those who press me into my negative ego?</p> <p><i>I intend to forgive the archetypal natures that cause me to spiral into my negative ego.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p>
<p>6. What individuals do I know that cause me to inflate into my ego, leading me to feel larger than life?</p> <p><i>I intend to forgive each upon my list for inflating my ego.</i></p> <p><i>I intend to cease to use their chi to feel better about myself.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p> <p><i>I intend to complete with the dance of ego and negative ego in the dance of life.</i></p> <p><i>I intend to cease to take chi from others to puff my ego up into feeling larger than life.</i></p> <p><i>I intend to hold a solid field size on an ongoing basis that is a reflection of my level of mastery in ascension.</i></p> <p><i>I intend to relate to others in unity and equality.</i></p> <p><i>I intend that all others have an opportunity to share of their gifts and talents in the dance of life.</i></p> <p><i>I intend to embrace group dynamics founded upon unity and equality.</i></p>

<p>7. What are the ancestries and archetypal nature of those who press me into my ego? <i>(Please see chapters 1 and 3 in Workbook 1 for a thorough analysis of archetypes).</i></p> <p><i>I intend to forgive the archetypal natures that cause me to spiral into my ego.</i></p>	<p>Person 1 _____</p> <p>Person 2 _____</p> <p>Person 3 _____</p> <p>Person 4 _____</p> <p>Person 5 _____</p> <p>Person 6 _____</p>
<p>8. What herbs and Language of Light tones would be useful to the transcendence of the ego and negative ego?</p>	<p>_____</p> <p>_____</p> <p>_____</p>
<p>9. What minerals would be useful to learning to retain a balanced field that does not over inflate creating the ego or contract creating the negative ego experiences?</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>NOTES</p>	

<p>10. What percentage of any given day do I channel personality entities associated with the ego?</p> <p>% _____</p>	<p><i>I intend to release the dance of ego and negative ego in full in my ascension this lifetime.</i></p> <p><i>I intend to release all agreements to channel personality entities that are fractured and in vibrations that are harmful to myself or others.</i></p>
<p>11. What percentage of any given day do I channel personality entities associated with the negative ego?</p> <p>% _____</p>	<p><i>I intend to create a new form of channeling that is associated with holographic knowledge.</i></p> <p><i>I intend to open to holographic knowledge and energy flow this lifetime.</i></p> <p><i>I intend to channel only those red nation ancestors that are helpful to my evolutionary fulfillment.</i></p>
<p>12. What percentage of any given day do I channel my red nation ancestors?</p> <p>% _____</p>	<p><i>I intend to bring forward those ancestors that have something to express through me that will contribute to my life experience and the experience of the dance of unity in group dynamics.</i></p> <p><i>I intend to bring forward those ancestors who have creative capabilities that I would like to express in this lifetime.</i></p>
<p>13. What percentage of any given day do I channel the nature kingdoms?</p> <p>% _____</p>	<p><i>I intend to channel nature for the guidance and wisdom that can be offered that will serve my understanding of the spiritual lessons in my path of ascension.</i></p> <p><i>I intend to commune and channel Mother Earth for her wisdom, guidance and love.</i></p>
<p>14. What percentage of any given day do I channel Mother Earth?</p> <p>% _____</p>	<p><i>I intend to channel my oversoul to understand all the complexities of the spiritual lessons that my evolution fosters.</i></p> <p><i>I intend to work with Mother Earth in world service to anchor the light Earth dream for all to be supported in their ascensions through.</i></p>
<p>15. What percentage of any given day do I channel my over soul?</p> <p>% _____</p>	<p><i>I intend to take time in nature each week and month of ascension to foster the communion with Earth that I am seeking to co-create.</i></p>

HEALING THE INNER FAMILY

Negative Ego and Shame

Question	Inner Male Child	Inner Female Child
<p>1. What ages of the inner child experienced a fracturing due to shame?</p> <p><i>I intend to release all traumas from shame in my childhood.</i></p> <p><i>I intend to erase all experiences of shame in my childhood in full.</i></p> <p><i>I intend to replace the memories of shame with those of validation and love from parallel life childhood experiences.</i></p> <p><i>I intend to forgive my parents or other adults or friends who shamed me as a child.</i></p> <p><i>I intend to forgive my child for shaming others in the dance of life with family, friends or at school.</i></p> <p><i>I intend to heal the shame so that a new dance of unity can emerge within my inner family.</i></p>	<p> <input type="checkbox"/> Age 0-1 <input type="checkbox"/> Age 6-7 <input type="checkbox"/> Age 1-2 <input type="checkbox"/> Age 7-8 <input type="checkbox"/> Age 2-3 <input type="checkbox"/> Age 8-9 <input type="checkbox"/> Age 3-4 <input type="checkbox"/> Age 9-10 <input type="checkbox"/> Age 4-5 <input type="checkbox"/> Age 10-11 <input type="checkbox"/> Age 5-6 <input type="checkbox"/> Age 11-12 </p> <p><i>I intend to retrieve all parts of my inner male child at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of shame recorded at the above ages within my inner male child.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner male child that shattered due to shameful past experiences.</i></p> <p><i>I intend to send these pieces of my inner male child to the Aurora and my healing temples for recasting and integration.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner male child felt nurtured from parallel lives of fewer struggles.</i></p>	<p> <input type="checkbox"/> Age 0-1 <input type="checkbox"/> Age 6-7 <input type="checkbox"/> Age 1-2 <input type="checkbox"/> Age 7-8 <input type="checkbox"/> Age 2-3 <input type="checkbox"/> Age 8-9 <input type="checkbox"/> Age 3-4 <input type="checkbox"/> Age 9-10 <input type="checkbox"/> Age 4-5 <input type="checkbox"/> Age 10-11 <input type="checkbox"/> Age 5-6 <input type="checkbox"/> Age 11-12 </p> <p><i>I intend to retrieve all parts of my inner female child at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of shame recorded at the above ages within my inner female child.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner female child that shattered due to shameful past experiences.</i></p> <p><i>I intend to send these pieces of my inner female child to the Aurora and my healing temples for recasting and integration.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner female child felt nurtured from parallel lives of fewer struggles.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner child of shame?</p> <hr/>		

Question	Inner Male Teenager	Inner Female Teenager
2. What ages of the inner teenager experienced a fracturing due to shame?	<div> <div>___ Age 12-13</div> <div>___ Age 13-14</div> <div>___ Age 14-15</div> <div>___ Age 15-16</div> </div> <div> <div>___ Age 16-17</div> <div>___ Age 17-18</div> <div>___ Age 18-19</div> <div>___ Age 19-20</div> </div>	<div> <div>___ Age 12-13</div> <div>___ Age 13-14</div> <div>___ Age 14-15</div> <div>___ Age 15-16</div> </div> <div> <div>___ Age 16-17</div> <div>___ Age 17-18</div> <div>___ Age 18-19</div> <div>___ Age 19-20</div> </div>
<i>I intend to release all traumas from shame in my teenage years.</i>	<i>I intend to retrieve all parts of my inner male teenager at all age ranges.</i>	<i>I intend to retrieve all parts of my inner female teenager at all age ranges.</i>
<i>I intend to erase all experiences of shame in my teenage years in full.</i>	<i>I intend to release and erase the trauma of shame recorded at the above ages within my inner teenager.</i>	<i>I intend to release and erase the trauma of shame recorded at the above ages within my inner teenager.</i>
<i>I intend to replace the memories of shame with those of validation and love from parallel life teenage experiences.</i>	<i>I intend to retrieve all fractured pieces of my inner male teenager that shattered due to shameful past experiences.</i>	<i>I intend to retrieve all fractured pieces of my inner female teenager that shattered due to shameful past experiences.</i>
<i>I intend to forgive my parents or other adults or friends who shamed me as a teenager.</i>	<i>I intend to send these pieces of my inner male teenager to the Aurora and my healing temples for recasting and integration.</i>	<i>I intend to send these pieces of my inner female teenager to the Aurora and my healing temples for recasting and integration.</i>
<i>I intend to forgive my teenager for shaming others in the dance of life with family, friends or at school.</i>	<i>I intend to erase the shameful experiences and replace them with experiences where my inner male teenager felt nurtured from parallel lives of fewer struggles.</i>	<i>I intend to erase the shameful experiences and replace them with experiences where my inner female teenager felt nurtured from parallel lives of fewer struggles.</i>
<i>I intend to heal the shame so that a new dance of unity can emerge within my inner family in all age ranges.</i>		
What herbs, minerals or Language of Light tones would be useful in the healing of my inner teenager of shame?		
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Question	Inner Male Adult	Inner Female Adult
<p>3. What ages of the inner adult experienced a fracturing due to shame?</p> <p><i>I intend to release all trauma from shame in my adult years.</i></p> <p><i>I intend to erase all experiences of shame in my adult years in full.</i></p> <p><i>I intend to replace the memories of shame with those of validation and love from parallel life adult experiences.</i></p> <p><i>I intend to forgive my parents or other adults or friends who shamed me as an adult.</i></p> <p><i>I intend to forgive my adult for shaming others in the dance of life with family, friends or at work.</i></p> <p><i>I intend to heal the shame so that a new dance of unity can emerge within my inner family in adulthood.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to retrieve all parts of my inner male adult at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of shame recorded at the above ages within my inner adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner male adult that shattered due to shameful past experiences.</i></p> <p><i>I intend to send these pieces of my inner male adult to the Aurora and my healing temples for recasting and integration.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner male adult felt nurtured from parallel lives of fewer struggles.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to retrieve all parts of my inner female adult at all age ranges.</i></p> <p><i>I intend to release and erase the trauma of shame recorded at the above ages within my inner adult.</i></p> <p><i>I intend to retrieve all fractured pieces of my inner female adult that shattered due to shameful past experiences.</i></p> <p><i>I intend to send these pieces of my inner female adult to the Aurora and my healing temples for recasting and integration.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner female adult felt nurtured from parallel lives of fewer struggles.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner adult of shame?</p> <hr/> <hr/> <hr/>		

Question	Inner Male Parent	Inner Female Parent
<p>4. What memories do I have of the parent shaming the child, teenager or adult as recorded within myself?</p> <p><i>I intend to erase all experiences of shame held within my inner parents.</i></p> <p><i>I intend to replace the memories of shame with those of validation and love from parallel life parental experiences.</i></p> <p><i>I intend to forgive my parents who shamed me and left a record of the shame within my inner parents.</i></p> <p><i>I intend to forgive myself as a parent for shaming my own inner children or the children that I am raising or have raised.</i></p> <p><i>I intend to heal the shame so that a new dance of unity can emerge within my inner family as directed by my new inner parents who are wise and loving in nature.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner father that is wise and related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of shame recorded within my inner father.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner father was nurturing, understanding and loving in nature towards each other inner family member.</i></p> <p><i>I intend that the new inner father leads the inner family towards unity, honor and non-conditional love.</i></p> <p><i>I intend to heal the dance of ego (control) and negative ego (shame) in full in my entire inner family.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to construct a new inner mother that is wise and related to my grand master or red nation ancestors.</i></p> <p><i>I intend to release the trauma of shame recorded within my inner mother.</i></p> <p><i>I intend to erase the shameful experiences and replace them with experiences where my inner mother was nurturing, understanding and loving in nature towards each other inner family member.</i></p> <p><i>I intend that the new inner mother leads the inner family towards unity, honor and non-conditional love.</i></p> <p><i>I intend to heal the dance of ego (control) and negative ego (shame) in full in my entire inner family.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner parents of shame?</p> <hr/> <hr/>		

HEALING THE INNER FAMILY

Ego Based Desires

Question	Inner Male Child	Inner Female Child
1. What age within your inner child did you create success or limited fame at home or at school?	<div> <div> <div>___ Age 0-1</div> <div>___ Age 1-2</div> <div>___ Age 2-3</div> <div>___ Age 3-4</div> <div>___ Age 4-5</div> <div>___ Age 5-6</div> </div> <div> <div>___ Age 6-7</div> <div>___ Age 7-8</div> <div>___ Age 8-9</div> <div>___ Age 9-10</div> <div>___ Age 10-11</div> <div>___ Age 11-12</div> </div> </div>	<div> <div> <div>___ Age 0-1</div> <div>___ Age 1-2</div> <div>___ Age 2-3</div> <div>___ Age 3-4</div> <div>___ Age 4-5</div> <div>___ Age 5-6</div> </div> <div> <div>___ Age 6-7</div> <div>___ Age 7-8</div> <div>___ Age 8-9</div> <div>___ Age 9-10</div> <div>___ Age 10-11</div> <div>___ Age 11-12</div> </div> </div>
<i>I intend to release all patterning from childhood experiences that causes my ego to inflate.</i>	<i>I intend to release the patterning associated with my inner male child that presses me to inflate my ego taking chi and power from others.</i>	<i>I intend to release the patterning associated with my inner female child that presses me to inflate my ego taking chi and power from others.</i>
<i>I intend to replace the memories of fame within my childhood years with those of unity and equality from parallel lives.</i>	<i>I intend to erase my experiences of ego based success within my inner male child.</i>	<i>I intend to erase my experiences of ego based success within my inner female child.</i>
<i>I forgive myself for desiring fame or enjoying my inflated ego in childhood.</i>	<i>I intend to replace the ego based successful experiences of my inner male child with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i>	<i>I intend to replace the ego based successful experiences of my inner female child with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i>
<i>I intend to create an inner family of children that neither inflates into ego by stripping others of power and chi, nor collapse into shame or negative ego in counterbalance.</i>		

What herbs, minerals or Language of Light tones would be useful in the healing of my inner childhood experiences of ego based success?

Question	Inner Male Teenager	Inner Female Teenager
<p>2. What ages in your inner teenager did you create success or fame with family, friends or at school?</p> <p><i>I intend to release all patterning from teenage experiences that causes my ego to inflate.</i></p> <p><i>I intend to replace the memories of fame within my teenage years with those of unity and equality from parallel lives.</i></p> <p><i>I forgive myself for desiring fame or enjoying my inflated ego in my teenage years.</i></p> <p><i>I intend to create an inner family of teenagers that neither inflates into ego by stripping others of power and chi, nor collapse into shame or negative ego in counterbalance.</i></p>	<p> ___ Age 12-13 ___ Age 16-17 ___ Age 13-14 ___ Age 17-18 ___ Age 14-15 ___ Age 18-19 ___ Age 15-16 ___ Age 19-20 </p> <p><i>I intend to release the patterning associated with my inner male teenager that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based success within my inner male teenager.</i></p> <p><i>I intend to replace the ego based successful experiences of my inner male teenager with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p>	<p> ___ Age 12-13 ___ Age 16-17 ___ Age 13-14 ___ Age 17-18 ___ Age 14-15 ___ Age 18-19 ___ Age 15-16 ___ Age 19-20 </p> <p><i>I intend to release the patterning associated with my inner female teenager that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based success within my inner female teenager.</i></p> <p><i>I intend to replace the ego based successful experiences of my inner female teenager with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner teenager of ego based patterns?</p> <hr/> <hr/> <hr/> <hr/>		

Question	Inner Male Adult	Inner Female Adult
<p>3. What ages of the inner adult experienced ego based success and limited fame?</p> <p><i>I intend to release all patterning from my adult experiences that causes my ego to inflate.</i></p> <p><i>I intend to replace the memories of fame within my adult years with those of unity and equality from parallel lives.</i></p> <p><i>I forgive myself for desiring fame or enjoying my inflated ego in my adult years.</i></p> <p><i>I intend to create an inner family of adults and beloveds that neither inflates into ego by stripping others of power and chi, nor collapse into shame or negative ego in counterbalance.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner male adult that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based success within my inner male adult.</i></p> <p><i>I intend to replace the ego based successful experiences of my inner male adult with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner female adult that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based success within my inner female adult.</i></p> <p><i>I intend to replace the ego based successful experiences of my inner female adult with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner adult of ego based patterns?</p> <hr/> <hr/> <hr/> <hr/>		

Question	Inner Male Parent	Inner Female Parent
<p>4. What memories do I have where my parents were empowered in their ego, were always right and never to be questioned?</p> <p><i>I intend to release all patterning from my parental experiences that causes my ego to inflate.</i></p> <p><i>I intend to replace the memories of egotistical parents to a new set of parents who guide the inner family founded upon unity and equality as experienced in parallel lives.</i></p> <p><i>I forgive myself for parenting my inner family or my real family from ego based patterns of being the one in power and who is always right.</i></p> <p><i>I intend to create a new set of inner parents that neither inflates into ego by stripping others of power and chi, nor collapses into shame or negative ego in counterbalance.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner father that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based control and manipulation within my inner father.</i></p> <p><i>I intend to replace the ego based control and manipulative patterns of my inner father with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p> <p><i>I intend to construct a new inner father that is more akin to a counselor; who listens and is willing to negotiate in any inner family decisions, and is wise, loving, and honors each family member in the dance of life.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner mother that presses me to inflate my ego taking chi and power from others.</i></p> <p><i>I intend to erase my experiences of ego based control and manipulation within my inner mother.</i></p> <p><i>I intend to replace the ego based control and manipulative patterns of my inner mother with others from parallel lives where unity, honor and equality were expressed in family and group dynamics.</i></p> <p><i>I intend to construct a new inner mother that is more akin to a counselor; who listens and is willing to negotiate in any inner family decision, and is wise, loving, and honors each family member in the dance of life.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner parents of ego based control and manipulative patterning?</p> <hr/> <hr/>		

Question	Inner Male Parent	Inner Female Parent
<p>5. What memories do I have where my parents shamed and belittled each other?</p> <p><i>I intend to release all patterning from my parental experiences that causes my inner male to shame my inner female; or my inner female to shame my inner male.</i></p> <p><i>I intend to construct a new set of inner parents that live together in harmony, unity, unconditional love without the need to shame or control one another.</i></p> <p><i>I intend that these new inner parents lead the entire inner family in the direction of unity, honor, unconditional love and peace.</i></p>	<p><i>I intend to release the patterning associated with my inner father that causes the male to shame the female as a modality of power and control.</i></p> <p><i>I intend to release the patterning associated with my inner father that causes the female to shame the male as a modality of control.</i></p> <p><i>I intend to anchor a new inner father that functions from unity based patterns of honor, peace, and non-conditional love.</i></p> <p><i>I intend to retrieve the records from my ancestry on parenting through unity based principles.</i></p>	<p><i>I intend to release the patterning associated with my inner mother that causes the male to shame the female as a modality of power and control.</i></p> <p><i>I intend to release the patterning associated with my inner mother that causes the female to shame the male as a modality of control.</i></p> <p><i>I intend to anchor a new inner mother that functions from unity based patterns of honor, peace, and non-conditional love.</i></p> <p><i>I intend to retrieve the records from my ancestry on parenting through unity based principles.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner parents of the need to shame and control one another?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		

Question	Inner Male Adult	Inner Female Adult
<p>6. What memories do I have where my beloved, partner, spouse or lover shamed me? Or where I shamed my beloved, spouse or lover?</p> <p><i>I intend to release all patterning from my adult experiences that causes my inner male to shame my inner female; or my inner female to shame my inner male.</i></p> <p><i>I intend to construct a new set of inner beloveds that live together in harmony, unity, unconditional love without the need to shame or control one another.</i></p> <p><i>I intend that these new inner beloveds lead the entire inner family in the direction of unity, honor, unconditional love and peace.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner male adult that causes the male to shame the female as a modality of power and control.</i></p> <p><i>I intend to release the patterning associated with my inner male adult that causes the female to shame the male as a modality of control.</i></p> <p><i>I intend to anchor a new inner male adult that functions from unity based patterns of honor, peace, unity and non-conditional love.</i></p> <p><i>I intend to retrieve the records from my ancestry on beloveds that relate through unity based principles.</i></p>	<hr/> <hr/> <hr/> <p><i>I intend to release the patterning associated with my inner female adult that causes the male to shame the female as a modality of power and control.</i></p> <p><i>I intend to release the patterning associated with my inner female adult that causes the female to shame the male as a modality of control.</i></p> <p><i>I intend to anchor a new inner female adult that functions from unity based patterns of honor, peace, unity and non-conditional love.</i></p> <p><i>I intend to retrieve the records from my ancestry on beloveds that relate through unity based principles.</i></p>
<p>What herbs, minerals or Language of Light tones would be useful in the healing of my inner beloveds of the need to shame and control one another?</p> <hr/> <hr/> <hr/> <hr/>		

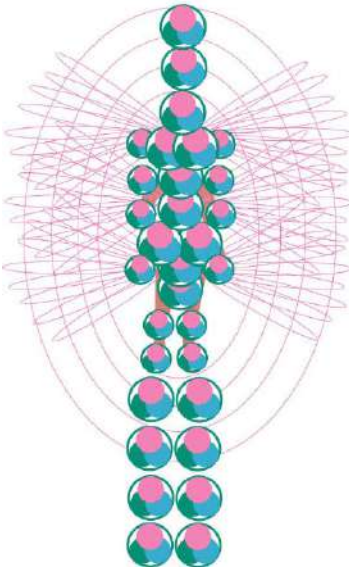
ASSESSING GEOMETRY IN THE FEILD

1. What parts of my field host magnetic rotation associated with the Figure-8 energy pattern?

I intend to embrace a Figure-8 magnetic flower of life energy flow in all moving energy systems throughout my field.

I intend to research my ancestry bringing forward the information on rotational energy flow from my red nations' lineages.

EXPANDED FIELD WITH SPACE BETWEEN REDUCED TO 25%



☐ Chakra System

- ☐ *Small Chakras inside the etheric body*
- ☐ *Regeneration chakras*
- ☐ *Grounding Chakras*
- ☐ *Root chakra*
- ☐ *Pelvic Chakra*
- ☐ *Pelvic Lotus*
- ☐ *Power Chakra*
- ☐ *Diaphragm chakra*
- ☐ *Heart Chakra*
- ☐ *Heart Lotus*
- ☐ *Communication chakra*
- ☐ *Dream weaving chakra*
- ☐ *Pituitary chakra*
- ☐ *Pineal chakra*
- ☐ *Crown Chakra*
- ☐ *Source connection chakras*

☐ Subtle Bodies

- ☐ *Mental Body*
- ☐ *Emotional Body*
- ☐ *Intuitive Body*
- ☐ *Creative Body*

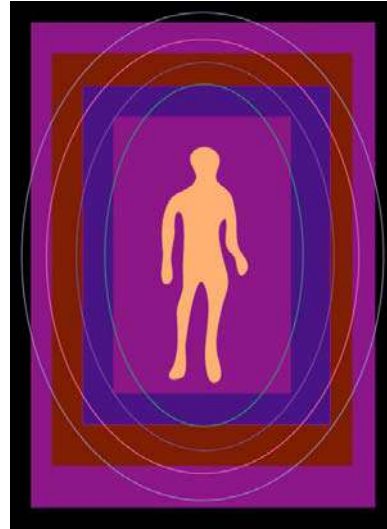
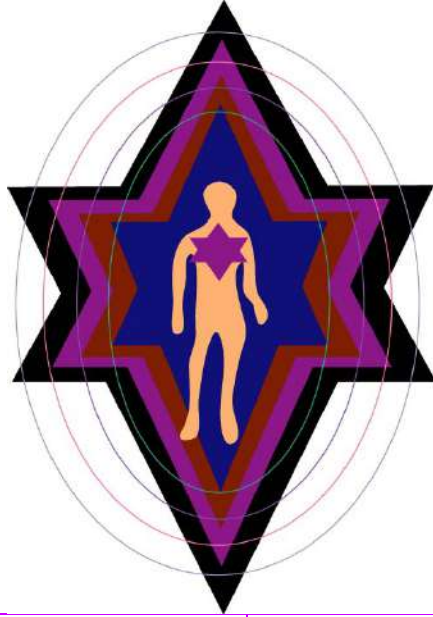
☐ Dreamtime Self

- ☐ *Dreamtime body double*
- ☐ *Dreamtime chakra system*

What minerals and Language of Light tones would be supportive of learning the Figure-8 flower of life movement in those regions of my field that have yet to embrace this flow?

NOTES

<p>2. What parts of my field have begun to embrace the Triple Lotus flow?</p> <p><i>I intend to research my ancestry bringing forward from my red nation inheritance the information on the Triple Lotus energy flow.</i></p> <p><i>I intend to ascend fully into Triple Lotus energy flow which creates a field that is far more balanced in its rotation.</i></p> <p><i>I forgive how my ancestry fell from a Triple Lotus to Figure-8 flow through nuclear holocausts.</i></p> <p><i>I forgive the Anu for causing my Native American ancestors to fall from the Triple Lotus energy flow into the Figure 8-due to loss of information to create their slave race.</i></p> <p><i>I intend to restore my field to a fully Triple Lotus energy flow in this lifetime through my continued ascent.</i></p>	<p>___ Chakra System</p> <p>___ Small Chakras inside the etheric body</p> <p>___ Regeneration chakras</p> <p>___ Grounding Chakras</p> <p>___ Root chakra</p> <p>___ Pelvic Chakra</p> <p>___ Pelvic Lotus</p> <p>___ Power Chakra</p> <p>___ Diaphragm chakra</p> <p>___ Heart Chakra</p> <p>___ Heart Lotus</p> <p>___ Communication chakra</p> <p>___ Dream weaving chakra</p> <p>___ Pituitary chakra</p> <p>___ Pineal chakra</p> <p>___ Crown Chakra</p> <p>___ Source connection chakras</p> <p>___ Subtle Bodies</p> <p>___ Mental Body</p> <p>___ Emotional Body</p> <p>___ Intuitive Body</p> <p>___ Creative Body</p> <p>___ Dreamtime Self</p> <p>___ Dreamtime body double</p> <p>___ Dreamtime chakra system</p> <p>What minerals and Language of Light would be supportive of learning the Triple Lotus movement throughout the field?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>NOTES</p>	



3. What parts of the space between within my field are still spinning pyramids or boxes?

I forgive my ancestors for being subject to two geometries, one spinning in the positive energy flow and the other in the negative energy flow of the space between.

I forgive my ancestry for all the discord and sour dreams that split geometry creates in the human dance of life.

I intend to cease to spin pyramids or boxes in the space between of my field.

I intend to complete with the ancestries that are electrical and ascend into red magnetic ancestries in their place.

Chakra System

- ___ Space Between the chakras inside the etheric body
- ___ Space Between the Regeneration chakras
- ___ Space Between the Grounding Chakras
- ___ Space Between the Root chakra
- ___ Space Between the Pelvic Chakra
- ___ Space Between the Pelvic Lotus
- ___ Space Between the Power Chakra
- ___ Space Between the Diaphragm chakra
- ___ Space Between the Heart Chakra
- ___ Space Between the Heart Lotus
- ___ Space Between the Communication chakra
- ___ Space Between the Dream weaving chakra
- ___ Space Between the Pituitary chakra
- ___ Space Between the Pineal chakra
- ___ Space Between the Crown Chakra
- ___ Space Between the Source connection chakras

Subtle Bodies

- ___ Space Between the Etheric Body and Subtle Bodies
- ___ Space Between the Mental Body
- ___ Space Between the Emotional Body
- ___ Space Between the Intuitive Body
- ___ Space Between the Creative Body
- ___ Space Between the Creative Body and Dreamtime Self

Dreamtime Self

- ___ Space Between the Dreamtime Self and body double
- ___ Space Between the Dreamtime chakra system

<p><i>I intend to embrace the same flow in the space between as the space without.</i></p> <p><i>I intend to anchor new genetic encoding from the Tao for the space between within my field and biology.</i></p>	<p>What minerals would be supportive of releasing the patterning of spinning pyramids or boxes in the space between of the field?</p> <hr/> <hr/> <hr/>
<p>4. What parts of the space between within the biology have embraced a new encoding that allows for greater permeability of noxious gases to pass through?</p> <p>5. What herbs would be useful in supporting the integration of the new space between into the physical?</p> <hr/> <hr/> <hr/> <hr/> <p><i>I forgive absolute the manner in which the space between has become distorted and used to create destruction and extinction of humans as well as the creations that they live upon.</i></p>	<p>___Nervous System ___Brain ___Brainstem ___Spinal Column ___Spinal Cord ___Nerve s ___Pineal Gland ___Pituitary Gland</p> <p>___Breath of Life ___Lungs ___Diaphragm ___Rib Cage</p> <p>___Digestion and Waste Management ___Esophagus ___Stomach ___Small Intestine ___Large Intestine ___Gall Bladder ___Kidneys ___Bladder</p> <p>___Circulatory System ___Heart ___Lymph Nodes ___Veins ___Lymph ___Spleen ___Bone Marrow</p> <p>___Reproduction or Regeneration ___Uterus ___Ovaries ___Testes ___Regeneration Glands</p> <p>___Metabolism ___Thyroid ___Thymus ___Pancreas ___Liver</p> <p>___Sensory Organs ___Skin ___Eyes ___Ears ___Nose ___Mouth</p> <p>___Body Structure ___Muscles ___Bones ___Arms ___Hands ___Legs ___Feet</p>

ASSESSING ELECTRICAL AND MAGNETIC DNA

1. What percentage of my DNA currently is electrical?

% _____

I intend to research my tapestry of ancestry and anchor magnetic DNA drawing this from red nation lineages from preferably Sirian sources to replace all DNA that is electrical within my biology to the degree that I can this lifetime.

I intend to alter all salts to a magnetic version of molecular structure.

I intend to forgive my ancestors who blended electrical and magnetic DNA in the reproduction of children between parents who were Anu, Anu Slave and Red Nation in origins.

I intend to forgive the Anu scientists for producing a half electrical half magnetic slave race.

I intend to complete with all slave race karma and seal the associated lineages in this lifetime.

What parts of the biology host electrical DNA?

___ **Nervous System**

___ Brain ___ Brainstem ___ Spinal Column
___ Spinal Cord ___ Nerve s ___ Pineal Gland
___ Pituitary Gland

___ **Breath of Life**

___ Lungs ___ Diaphragm ___ Rib Cage

___ **Digestion and Waste Management**

___ Esophagus ___ Stomach
___ Small Intestine ___ Large Intestine
___ Gall Bladder ___ Kidneys ___ Bladder

___ **Circulatory System**

___ Heart ___ Lymph Nodes
___ Veins ___ Lymph
___ Spleen ___ Bone Marrow

___ **Reproduction or Regeneration**

___ Uterus ___ Ovaries
___ Testes ___ Regeneration Glands

___ **Metabolism**

___ Thyroid ___ Thymus ___ Pancreas ___ Liver

___ **Sensory Organs**

___ Skin ___ Eyes ___ Ears ___ Nose ___ Mouth

___ **Body Structure**

___ Muscles ___ Bones
___ Arms ___ Hands ___ Legs ___ Feet

What herbs would be useful in supporting the ascent from electrical to a magnetic structure in the above regions of domain?

2. What percentage of my DNA currently is magnetic?

% _____

I intend to research my ancestry for harmonious Sirian based magnetic DNA and embody this to the degree that I can in this lifetime.

I intend to release all karma for how humans of different and variant magnetic creations blended and produced offspring.

I intend to forgive my ancestry absolute for how humans have traveled to other creations of variant Great Central Suns and mated producing a mixture of DNA that is non-resonant and disharmonious within.

I intend to bring my biology into deeper resonance by altering the DNA to be of origins associated with this Great Central Sun that we are returning home unto.

I intend to ascend into a 99% magnetic biology and energy field in this lifetime.

What parts of the biology host magnetic DNA?

___Nervous System

___Brain ___Brainstem ___Spinal Column
___Spinal Cord ___Nerve s ___Pineal Gland
___Pituitary Gland

___Breath of Life

___Lungs ___Diaphragm ___Rib Cage

___Digestion and Waste Management

___Esophagus ___Stomach
___Small Intestine ___Large Intestine
___Gall Bladder ___Kidneys ___Bladder

___Circulatory System

___Heart ___Lymph Nodes
___Veins ___Lymph
___Spleen ___Bone Marrow

___Reproduction or Regeneration

___Uterus ___Ovaries
___Testes ___Regeneration Glands

___Metabolism

___Thyroid ___Thymus ___Pancreas ___Liver

___Sensory Organs

___Skin ___Eyes ___Ears ___Nose ___Mouth

___Body Structure

___Muscles ___Bones
___Arms ___Hands ___Legs ___Feet

What herbs or minerals would be useful in supporting the ascent from electrical to a 99% magnetic structure?

3. Within the 144 lineages that are a part of my tapestry of ancestry (or 288 lineages for those proceeding beyond 3000 segments), what is the percentage overall of magnetic or electrical DNA?

% Sirian
(magnetic)

% Arcturian _____
(magnetic)

% Pleiadian _____
(electrical)

% Orion _____
(electrical)

% Jyreion _____
(adverse magnetic)

% Alpha Centauri_____
(electrical)

% Reptilian _____
(electrical)

I intend to forgive my ancestors for blending electrical and magnetic genealogies either through marriage and production of offspring or in the laboratory.

I intend to bring forth magnetic genes from my magnetic lineages and ascend into the most harmonious DNA with this Great Central Sun that we are entering that I can.

I intend to phase out all electrical DNA as a new magnetic set of materials become available in my inheritance through my continued ascent.

Over time, I intend to phase out all non-Sirian magnetic DNA and embody 100% Sirian DNA in my continued ascent, or the continued ascent of my future ancestry.

What minerals and Language of Light tones would be supportive of my current phase of transmutation of electrical DNA into magnetic DNA (or other magnetic DNA into Sirian magnetic DNA)?

NOTES

ANCHORING THE NEW ELEMENTS

1. Have I visited the Temple of Elements and anchored the new conscious elements that support ascension into my etheric body and field?

___ Yes ___ No

What minerals and Language of Light tones would be supportive of embodying the new elements in all parts of my field and etheric body?

I intend to release all karma absolute and upon all dimensions that created an elemental structure that could not evolve or ascend.

I forgive my ancestors and multidimensional ancestors for stripping the consciousness of the elements to such a degree that they cannot evolve here upon Earth.

I intend to replace all elements of air, water, fire and earth with the new conscious elements of air, water, fire and earth within my etheric body.

I intend to replace all inverse elements of ether, vapor, smoke and lava with the new conscious elements of ether, vapor, smoke and lava throughout my chakra system, subtle bodies and dreamtime self.

I intend to allow the conscious elements to restructure my atomic and molecular level for a complete ascension in this lifetime.

I intend to allow the conscious elements to assist in the process of forgiveness of all karma that I am releasing due to the spiritual lessons that I am learning in this lifetime.

NOTES

CLEARING SPACE BETWEEN ATTACHMENT AND EXCHANGES

1. Who do I host attachment to through the space between?

What minerals and Language of Light tones would be supportive of releasing space between attachments to others at my level of evolution?

Person 1 _____

Person 2 _____

Person 3 _____

Person 4 _____

Person 5 _____

Person 6 _____

I intend to release all attachment in both the positive and negative ley lines of the etheric body. Negative attachment occurs through the space between.

I intend to recast the space between with new encoding and serpents that create a sovereign energy flow in this region of domain.

I intend to release all karma for how the space between region of domain has been a giant soup of energy that interconnects everyone and is used by the dark to destroy and create extinction.

I intend to create a sovereign space between that better supports my continued evolution in this lifetime.

NOTES

2. Who have I exchanged space between with in this lifetime?

What minerals and Language of Light tones would be supportive of releasing space between exchanges with others?

[illegible]

Person 1

Person 2 _____

Person 3

Person 4 _____

Person 5 _____

Person 6

I intend to retrieve all space between that has been given to others out of the desire to "belong" or feel as one.

I intend to return all space between that has been taken on from others.

I intend to recast and reweave my space between to create a sovereign energy flow in this region of domain.

I intend to return all machines, entities and agreements that are of another due to exchanged space between.

I intend to retrieve all agreements that are my own and were given to others so that I may release all karma thoroughly in my ascension to date.

I intend to release any records or information stored in my space between in association with the exchanges with others.

I intend to send all such records to the temples in the Aurora so that they are accounted for.

I intend to cease to store records in my space between.

NOTES

CLEARING SHARED WALLS OF BOX OR PYRAMIDAL GEOMETRY

**1. Who do I share
sides of the walls of
the pyramids or
boxes that I spin in
my space between
with?**

**What minerals and
Language of Light
tones would be
supportive of releasing
shared energy
dynamics of pyramids
or boxes?**

Person 1 _____

Person 2 _____

Person 3 _____

Person 4 _____

Person 5 _____

Person 6 _____

*I intend to return all walls of any pyramid or box that
belongs to another.*

*I intend to retrieve all walls of any pyramid or box that
belongs unto myself.*

*I intend to return all agreements to spin boxes or
pyramids in my field that belong to another.*

*I intend to retrieve and break all agreements that are
legitimately my own to spin boxes or pyramids in my field.*

*I intend to collapse all pyramids or boxes that host shared
walls with others.*

NOTES